

(1) Abstract of th Disclosur .

A device which can detect changes in the light intensity of its location and provide messages in response to these changes. The messages could be in the form of auditory cues such as the replay of a recorded voice message containing a reminder, salutation or reaffirmation. The messages could be in the form of wireless messages sent to the personal digital assistant of the user. In one embodiment the device would be equipped with a timer so that it can give its messages in response to the day, or hour, or the amount of time elapsed since a change in the room's lighting condition.